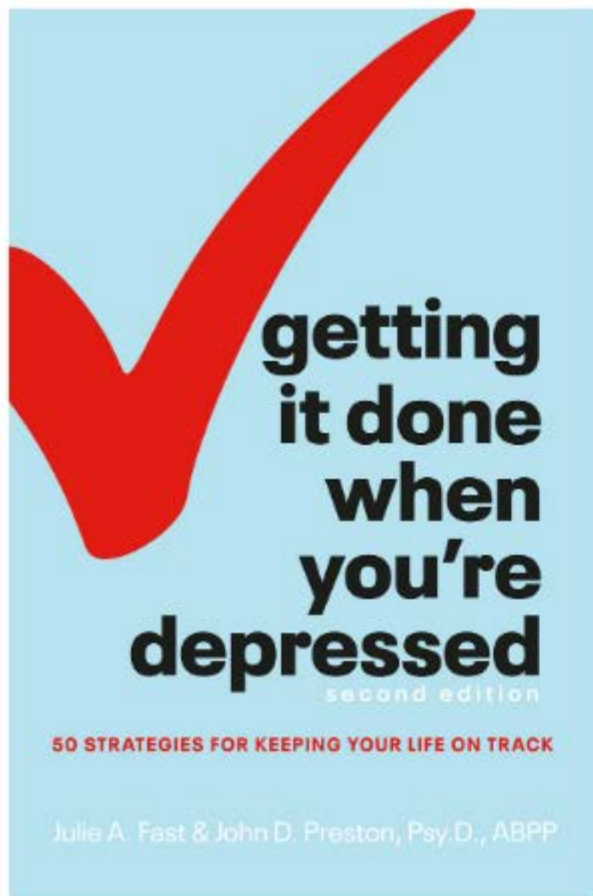


# Virtual Meet the Author

at Ridgewood Public Library



**Tuesday, March 30, 2021**

**1:00pm EST**

## Getting it Done When You're Depressed by Julie A. Fast

How does a person get things done when depression, fear, worry and uncertainty are a daily part of life? Julie A. Fast has answers. Join the award-winning mental health writer, researcher, and educator as she discusses her newest book, *Getting Things Done When You're Depressed*, Second Edition. Julie can speak to some of the book's 50 practical strategies that can help break the cycle of inactivity, anxiety and lack of focus that so often accompanies depression, and that can lead to a lifelong plan for realistic productivity.

Closed captions provided by *TotalCaption* will be available.

**Register at [www.ridgewoodlibrary.org](http://www.ridgewoodlibrary.org) for a Zoom invitation.**



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